



THE PHYSICIAN'S *Bookshelf*

NUTRITION AND DIET IN HEALTH AND DISEASE—6th Edition. James S. McLester, M.D., Professor of Medicine Emeritus, University of Alabama; and William J. Darby, M.D., Ph.D., Professor of Biochemistry and Director of the Division of Nutrition, Vanderbilt University. W. B. Saunders Company, Philadelphia, 1952. 710 pages, 14 figures, and 145 tables, \$10.00.

McLester and Darby have written a most important text-book of applied therapeutics. The sixth edition establishes this volume as one of the necessary books on the physician's ready reference shelf. The first half of the book is devoted to the physiologic and biochemical background of food substances and discussions basic to an understanding of human ecology and its relations to health and disease. The second part of the book is devoted to a detailed discussion of nutrition in disease with very fine chapters on diabetes, gout, obesity, diseases of the kidney and urinary tract, and the digestive, cardiovascular and endocrine systems. There is a very fine chapter on the importance of nutrition in surgery. The volume is carefully annotated, contains many valuable tables and an excellent bibliography. This book is highly recommended without reservation to student, physician and teacher.

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FUNCTIONAL ENDOCRINOLOGY—From Birth Through Adolescence. Nathan B. Talbot, M.D., Associate Professor of Pediatrics; Edna H. Sobel, M.D., formerly Research Fellow in Pediatrics; Janet W. McArthur, M.D., Instructor in Gynecology; and John D. Crawford, M.D., Instructor in Pediatrics, all at Harvard University. Published for the Commonwealth Fund. Harvard University Press, Cambridge, Mass., 1952. 638 pages, \$10.00.

The general substance of this book is concisely described by its full title. The authors introduce the discussion of each endocrine gland with a detailed and single exposition of the hormonal physiology involved. A careful description of methods employed for appraising normal action is also provided. After establishing this background, they present clinical material illustrating hypo- and hyperfunction of each gland. Whenever possible precise methods of therapy are given.

This book is not a recapitulation of known facts but an effort to recognize the mass of material that has been accumulating so rapidly in recent years. For brevity and clarity, the authors deliberately present single hypotheses of debatable subjects and defend their newer concepts with experimental and clinical data drawn, for the most part, from their own wealth of experience. This results in a directness and unity of presentation which makes the text exceedingly readable, informative and provocative.

A single endocrine system is discussed in each chapter. There are tables summarizing data and illustrative case histories when pertinent. In addition, there are numerous schematic drawings, apparently included as pictorial aides for the reader. This reviewer found them tedious. However, they may be omitted without sacrificing the lucidity of

the text. The clinician who expects to find readily a discussion of a subject, e.g., dwarfism, will be disappointed. The material is so organized that he must consult the clinical section in each chapter. However, this very organization gives value to the book. Emphasis is placed on the action and interaction of hormones in health and disease which has much vaster application in medicine today than a discussion of simple endocrinopathies.

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PARDON MY SNEEZE. Milton Millman, M.D., Fellow American Academy of Allergists. Millman Books, 1635 India Street, San Diego, 1952.

Much of the information and advice contained in Dr. Millman's book, "Pardon My Sneeze," is accurate and might be helpful to patients. He devotes a large amount of space to a discussion of the elimination diet which would probably aid the patient who is receiving this type of diagnostic care. However, his statement that the skin tests for food are only 50 per cent accurate might be questioned by some allergists who have found them to be considerably more dependable than this figure would indicate.

The latter part of the book contains specific information for the allergic patient which should assist him to recognize and shun most common allergens. Chapter 20 is devoted to a discussion of how to avoid some of the more common miscellaneous allergens, both ingestants and contactants, such as flaxseed, orris root, feathers and animal danders. Chapter 21 goes into considerable detail about common food allergens, where they occur and how to avoid them. Chapters 22 through 27, the final chapters in the book, contain recipes and menus for the allergic patient, together with some advice on the use of these recipes. Such data should be helpful to the allergic patient.

The physical appearance of the book itself is not prepossessing with its paper back and unattractive type. There is a lack of dignity in the presentation of the subject matter and the cartoons with which the book is illustrated, as well as the text itself, take a flippant attitude toward allergy. The subject is poorly presented, the book is repetitious and tiresome and would be more likely to discourage the allergic patient than lift his morale and encourage him to continue proper treatment.

Apparently the book was not carefully edited for grammatical errors as they occur with a fair degree of frequency. On page 39, for example, the following sentence appears, "Most cases, fortunately are worked out relatively rapid." Such errors indicate a lack of care in both the writing and correcting of the manuscript. The bibliography is inadequate with less than a dozen references.

In summary, portions of the book will undoubtedly be an aid to the allergic patient but the manner of presentation indicates haste, lack of care and a flippant attitude in the preparation of the manuscript. The physical appearance is not attractive but this might be accounted for on the basis of present high publishing costs.